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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

August, 1944

### INSTITUTIONAL FOOD SERVICE

The all-American fruit-of-the-month will undoubtedly be peaches. This year's crop is the third largest on record. The pear crop is good. Cantaloups are plentiful.

With victory gardens now yielding, tomatoes are plentiful. Tomatoes are second only to citrus fruit as a source of Vitamin C. Three and one-half ounces of raw tomatoes provide one-third our daily requirement of this vitamin. Use tomatoes liberally in salads and sandwiches. They add color, variety, and eye appeal to assorted cold plates.

Relative food value: Cantaloups are about half as rich, per pound, in Vitamin C as citrus fruits and tomatoes. Peaches have less than half the Vitamin C content provided by cantaloups. However, these two fruits can contribute a goodly share of carotene, or pro-Vitamin A, to the diet.

Remember--mature, ripe tomatoes lose very little Vitamin C in cooking, especially if stainless steel, plastic, or glass equipment is used. Iron pots and pans or steel knives and strainers that will rust destroy some of the food value. Even full-grown green tomatoes contain a good portion of the Vitamin C found in the vine-ripened fruit. The late winter tomatoes found in the stores from January to May may contain only one-fourth the Vitamin C found in the summer-grown, sun-ripened tomatoes. This is a good reason to use fresh tomatoes in season.

How to buy: Freshly picked fruits have highest nutritive value. Choose fruit that is free from injury, disease or decay, and not over-ripe. This year fresh peaches for table use have been placed under price ceilings. For better quality, buy peaches by grade. Government standards for the fancy grade require that they should be mature, well formed, with good color characteristic of the variety.

For full-meated, fine-flavored cantaloups, choose them heavy for their size, well formed, and heavily netted (if they are the netted variety), with light golden-yellow beneath the netting. Sweet, musk-like fragrance indicates ripeness. So does the suppleness of the blossom cut end when it is lightly pressed. The very best cantaloups for eating are vine-ripened. Usually this quality is stamped "vine-ripened" on the crate. When melons are bought in case lots, sort them immediately for ripeness, chill the ripest first for use and ripen the green ones at approximately 60° F., turning them as they ripen.

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WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

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How to store: All fruit should be stored at approximately 40° F. to preserve an optimum amount of the Vitamin C. Fresh or canned acid fruits (citrus and tomatoes) retain their Vitamin C better than do non-acid fruits; therefore, neither peaches nor cantaloups should be held in storage as long as the citrus fruits.

### SUGGESTIONS FOR SERVING

#### Tomatoes

Serve cold, stuffed with chicken salad, cabbage slaw, or egg and celery salad.

Stuff with a mixture of chopped tomato pulp, a little green pepper, a touch of onion, and buttered bread crumbs. Bake in hot oven 10 to 15 minutes.

Broiled or baked halves, sprinkled with salt and ground cheese in 400° oven until cheese is melted, make an appetizing garnish for a vegetable plate.

Combine tomato wedges with raw green and yellow vegetables such as endive, carrot slivers, leaf lettuce, raw spinach in salad bowl. Marinate with French dressing. Serve very cold.

Try a vegetable plate featuring a sandwich of tomato slices, spread with cream cheese and a little chopped olive. Combine this with hard-cooked egg halves, cabbage, and sour pickle salad.

Serve cold tomato juice for breakfast, lunch or dinner, and as a between-meal pick-me-up. It is rich in Vitamin C, so likely to be lacking in many workers' diets.

Those late summer, not-quite-ripe tomatoes are delicious if sliced and dipped in egg and fine crumbs and fried. They add flavor and variety to the meal.

Chopped green tomatoes are excellent in pickles or fried in cream.

#### Cantaloups and Peaches

Prepare sliced peaches just before serving. If you must peel them ahead of time, prevent discoloration by leaving them whole and covered in a solution of lemon juice and water, or pineapple juice mixed with other fruit juices.

Fill hollow of cantaloups with fresh berries or seeded cherries for lunch or dinner dessert. Flavor is enhanced when a little sugar or honey and a few drops of lemon or lime juice are added, just before serving.

Make a fresh fruit plate by serving peeled sliced cantaloup with cubes of watermelon and slices or halves of fresh peaches. Turn this into a salad plate by serving on lettuce and garnishing peaches with a mound of cottage cheese.

If you must save time in preparation, combine canned pineapple or pears with fresh melon and peach slices. Add lime or lemon juice for flavor, fresh mint for color and for appetite tempter.

Cook fresh peaches and serve them plain or topped with a flaky crust for peach cobbler; serve raw or cooked peaches over rich biscuit crust for peach shortcake. Don't neglect the ever-popular peach pie--a lattice top crust will save pastry and fat.

